

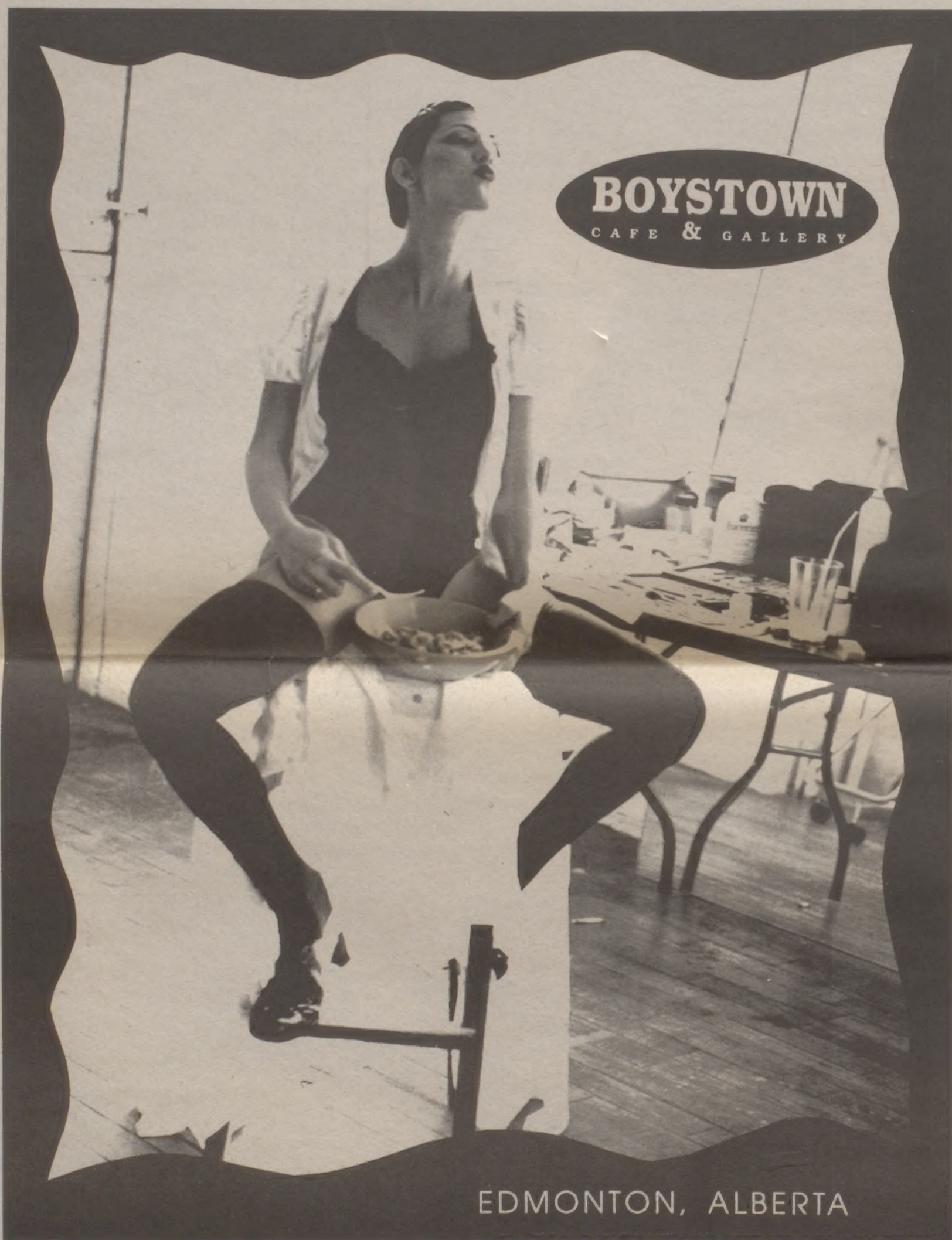
TIMES .10

YOUR MAGAZINE of CHOICE



Councillor Micheal Phair
PFLAG
Our Groups & Services
Coming Out?
Counsillor Sherry McKibben
Coronation 20

Vol 2, Number 5
SEPTEMBER/OCTOBER 1995



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TIMES .10

YOUR MAGAZINE of Choice

Vol. 2 Numbe 5
September/October 1995

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- Clifford McDowell



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Managing Editor
Dennis Cambly
Advertising Manager
Kevin Hendricks
Typists
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Gareau, Jaret Meade
Music Editors
Gib Adams, Jon Burden
Movie Princess
Shawn Gareau
Proofing
Jim (Mother) McD.
Cover Photo
Courtesy of Vivid and
Wega Inc

**Contributors and
Needed Inspiration**
Ron, David, Robbie, Mike,
Dwight, Murray, Blaine, Jim,
Conrad, Michael, Yves, Cindy,
Councillor Michael Phair,
Counsillor Sherry McKibbon
Michael Henry MLA,
Blair, David, George, Morgan
Smith, our Advertisers, Readers
and
many other members of the
our groups and organizations

News on HIV/AIDS

The Centers for Disease Control
and Prevention (CDC) National
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From the Editor

Yes, there have been a lot of changes going on around the computer that spins out this magazine. We actually blew up a computer when we decided to make the changes to the format and style of Times .10. So, we ripped off the kids computer while he wasn't looking and started all over again.

There has been a lot of activity over the summer and the main event "The Corn-Nation Ball" is covered with a story in this issue. Our new <smile> Regent Vera with his counterpart Horst (okay we have not found a way of putting those dots above the "o") are now in command. They have a lot of plans for the coming year and we know they will carry on the tradition of being the best fund raisers in town.

We are on the verge of a civic election with a tight race at hand. Every vote will count in this next election so give a few minutes of your life to Michael Phair and Sherry McKibben. They have given you many years of their lives and we need them representing everyone in Wards 3 and 4. We have brought you stories from both in this issue showing just a few of the many things they are involved in for everyone. We can all make election day a fun day for this city by electing Sherry and Michael.

You will notice some new columns in this magazine, tabloid, newspaper. We just thought that maybe we were getting a bit too artsy and much too conservative. So we went out over the

summer asking everyone what they wanted to see more of or less of, or if they wanted to see anything at all. So, we got loose (with Vera around everyone gets loose) and decided to get back on the Homo scene again. Since we are homosexual, why not talk about the things that Homo's like to do. We even have a few people cooking up a gossip page for the next issue. And don't we just love to spread gossip and innuendoes. Ignorance is bliss, isn't it!

And since the main AIDS ads are now aimed at the straight world we thought it would be good to educate the homosexual world as well. We will never stop so don't even suggest we do! There are several easy to read stories in this issue about sexually transmitted diseases, one of which is HIV. You can be assured that we get our stories and information from one of the most reliable groups in the world. The stories are written in an honest and factual way so that you will not fall asleep before you get your clothes off.

Many thanks to everyone who has offered their support to Times .10. You said you wanted an Edmonton based publication with information related to our lifestyle. You said that the little changes in our own hearts is the place where real change takes place. In the words of Justin Hayward "...never blame the rainbows for the rain.." A new format takes on a shape all of its own and has its' little errors as well. Well, enough said, read on and enjoy! Now we can give the kid back his computer.

News

From the HIV/AIDS Battlefront

"Survivor's Guilt"

Chicago Tribune

The mid-1990s are a confusing time for HIV-negative homosexual men, many of whom say they feel like "second-class gay men," or hide their HIV status even though they are considered fortunate. "Things are difficult enough as it is without the pity element or the resentment element," one man said. "I don't want people to feel uncomfortable because I'm negative." Many HIV-negative gay men experience feelings of isolation, loneliness, anxiety, depression, and even guilt that they are still healthy while others have died. Some therapists say they are seeing a mix of emotions similar to that of the "survivor's guilt" seen in those who lived through the Holocaust or who walk away from plane crashes. AIDS educators say that efforts to stigmatize the disease and portray HIV-infected individuals as able to live full lives may have gone awry. "Getting people to make serious behavior changes is hard to do when you are pretending that the alternative is not too bad," says columnist Gabriel Rotello of the Advocate. Two recently published books—Walt Odet's "In the Shadow of the Epidemic: Being HIV-Negative in the Age of AIDS" and "HIV-Negative: How the Uninfected are Affected by AIDS" by William Johnston—focus on the unique experience of being an HIV-negative gay man. The books have been hailed as a validation of these men's turmoil, though some critics say the authors use a skewed sample of men with problems and miss the majority who are coping successfully.

"FDA Warning on Raw Oysters"

AIDS Treatment News

Persons with HIV, liver disease, or certain other medical conditions should avoid consuming raw oysters because of the risk of *Vibrio vulnificus* infection. The risk is particularly high from oysters that come from the Gulf of Mexico, particularly between the months of April and October. Although this bacterium is not a danger to most healthy people, 40 percent of infections with *Vibrio vulnificus* are fatal. The bacterium occurs naturally, not as a result of pollution, so eating oysters from reputable sources does not offer protection. Proper cooking is necessary to completely kill *Vibrio vulnificus* and eliminate its threat.

Teen with AIDS Had Sex with 15

Boston Globe

According to a Ukrainian official, a 13-year-old AIDS patient searched for people to infect, and transmitted HIV to at least 15 girls. "This is the first such case in Ukraine, when a teen-ager, barely out of his childhood, has deliberately endangered the lives of 15 girls," commented Valery Ivasyuk of Ukraine's National Committee Against AIDS.

"333 Million New Cases of Sexual Diseases a Year"

Reuters

The World Health Organization (WHO) said on Friday that many more people contract sexually transmitted diseases (STDs) than was previously believed. In addition, it seems that such infections "greatly increase the risk

of contracting HIV," the organization said. A new study, "An overview of selected curable sexually transmitted diseases," was conducted by WHO's Global Program on AIDS and the Rockefeller Foundation. The results suggested that STDs are increasing in China and parts of the former Soviet Union, while decreasing in recent years in Norway, Sweden, Chile, Costa Rica, Thailand, and Zimbabwe because of safer sex. However, "there is strong evidence that these curable STDs, because they cause genital lesions or inflammation, greatly increase the risk of sexual transmission of HIV," the report said. Antonio Gerbase, the study's leading author at WHO, added that "The huge number of sexual infections sets the stage for the amplification of HIV."

"Start Making Sense"

POZ

The idea that every person with HIV should have access to any potentially effective drug is very appealing, writes Peter Staley, who describes himself in POZ magazine as a "typical self-empowered person living with HIV." It seems almost patriotic to demand universal access to such experimental drugs, he notes. The AIDS self-empowerment movement, however, appears to be shifting from the goal of extending life for as many people as possible to individuals saving themselves. The change became apparent last summer when the early results of a small Phase II study of Hoffmann-La Roche's saquinavir showed that a triple combination of AZT, ddC, and saquinavir increased CD4 levels more than regimens of either AZT and saquinavir or AZT and ddC. After learning that Roche planned to ask for permission to file for accelerated access, the Treatment Action Group (TAG) urged the Food and Drug Administration to delay the approval of the combination drug and suggested instead a large study using a placebo. Staley—a cofounder of TAG—writes that in order to prolong life for as many people as possible, research must be balanced with the desire for reliable data on the treatment's ability to extend life. A large, simple trial would allow everyone to take whatever antiretrovirals they would have been taking outside the trial, without requiring everybody to take AZT, while offering the possibility of switching over to receive the protease inhibitor later, if qualified.

Some Real Facts About...

The Human Immunodeficiency Virus and Its Transmission

Research has revealed a great deal of valuable medical, scientific, and public health information about the human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS). The ways in which HIV can be transmitted have been clearly identified. Unfortunately, some widely dispersed information does not reflect the conclusions of scientific findings. The Centers for Disease Control and Prevention (CDC) provides the following information to help correct a few commonly held misperceptions about HIV.

Transmission

HIV is spread by sexual contact with an infected person, by needle-sharing among injecting drug users, or, less commonly (and now very rarely in countries where blood is screened for HIV antibodies), through transfusions of infected blood or blood clotting factors.

Babies born to HIV-infected women may become infected before or during birth, or through breast-feeding after birth. Some people fear that HIV might be transmitted in other ways; however, no scientific evidence to support any of these fears has been found. If HIV were being transmitted through other routes (for example, through air or insects), the pattern of reported AIDS cases would be much different from what has been observed, and cases would be occurring much more frequently in persons who report no identified risk for infection. All reported cases suggesting new or potentially unknown routes of transmission are promptly and thoroughly investigated by state and local health departments with the assistance, guidance, and laboratory support from CDC; no additional routes of transmission have been recorded, despite a national sentinel system designed to detect just such an occurrence.

The following paragraphs specifically address some of the more common misperceptions about HIV transmission.

HIV in the Environment

Scientists and medical authorities agree that HIV does not survive well in the environment, making the possibility of environmental transmission remote. HIV is found in varying concentrations or amounts in blood, semen, vaginal fluid, breast milk, saliva, and tears. (See page 3, Saliva, Tears, and Sweat.) In order to obtain data on the survival of HIV, laboratory studies have required the use of artificially high concentrations of laboratory-grown virus. Although these unnatural concentrations of HIV can be kept alive under precisely controlled and limited laboratory conditions, CDC studies have shown that drying of even these high concentrations of HIV reduces the number of infectious viruses by 90 to 99 percent within several hours. Since the HIV concentrations used in laboratory studies are much higher than those actually found in blood or other specimens, drying of HIV-infected human blood or other body fluids reduces the theoretical risk of environmental transmission to that which has been observed—essentially zero. Incorrect interpretation of conclusions drawn from laboratory studies have alarmed people unnecessarily. Results from laboratory studies should not be used to determine specific personal risk of infection because 1) the amount of virus studied is not found in human specimens or anyplace else in nature, and 2) no one has been identified as infected with HIV due to contact with an environmental surface. Additionally, since HIV is unable to reproduce outside its living host (unlike many bacteria or fungi, which may do so under suitable conditions), except under laboratory conditions, it does not spread or maintain infectiousness outside its host.

Households and Other Settings

Although HIV has been transmitted between family members in a household setting, this type of transmission is very rare. These transmissions are believed to have resulted from contact between skin or mucous membranes and infected blood or body fluids. To prevent even such rare occurrences, precautions, as described in previously published guidelines, should be taken in all settings—including the home—to prevent exposures to the blood or body fluids of persons who are HIV infected, at risk for HIV infection, or whose infection and risk status are unknown. For example, gloves should be worn during contact with blood or other body fluids that could possibly contain blood, such as urine, feces, or vomit. Cuts, sores, or breaks on both the caregiver's and patient's exposed skin should be covered with bandages. Hands and other parts of the body should be washed immediately after contact with blood or other body fluids, and surfaces soiled with blood should be disinfected appropriately.

Practices that increase the likelihood of blood contact, such as sharing of razors and toothbrushes, should be avoided. Needles and other sharp instruments should be used only when medically necessary and handled according to recommendations for health-care settings. (Do not put caps back on needles by hand or remove needles from syringes. Dispose of needles in puncture-proof containers out of the reach of children and visitors.)

Kissing

Casual contact through closed-mouth or "social" kissing is not a risk for transmission of HIV. Because of the theoretical potential for contact with blood during "French" or open-mouthed kissing, CDC recommends against engaging in this activity with an infected person. However, no case of AIDS reported to CDC can be attributed to transmission through any kind of kissing.

Saliva, Tears, and Sweat

HIV has been found in saliva and tears in only minute quantities from some AIDS patients. It is important to understand that finding a small amount of HIV in a body fluid does not necessarily mean that HIV can be transmitted by that body fluid. HIV has not been recovered from the sweat of HIV-infected persons. Contact with saliva, tears, or sweat has never been shown to result in transmission of HIV.

Insects

From the onset of the HIV epidemic, there has been concern about transmission of the virus by biting and blood-sucking insects. However, studies conducted by researchers at CDC and elsewhere have shown no evidence of HIV transmission through insects—even in areas where there are many cases of AIDS and large populations of insects such as mosquitoes. Lack of such outbreaks, despite intense efforts to detect them, supports the conclusion that HIV is not transmitted by insects.

Effectiveness of Condoms

The proper and consistent use of latex condoms when engaging in sexual intercourse—vaginal, anal, or oral—can greatly reduce a person's risk of acquiring or transmitting sexually transmitted diseases, including HIV infection.

Under laboratory conditions, viruses occasionally have been shown to pass through natural membrane ("skin" or lambskin) condoms, which contain natural pores and are therefore not recommended for disease prevention. On the other hand, laboratory studies have consistently demonstrated that latex condoms provide a highly effective mechanical barrier to HIV.

In order for condoms to provide maximum protection, they must be used consistently (every time) and correctly. Incorrect use contributes to the possibility that the condom could leak or break. Latex condoms can provide a high degree of protection against most sexually transmitted diseases, including HIV infection, but only if they are used consistently and correctly.

MICHEAL PHAIR: FORGING NEW ALLIANCES

By Lawrence Herzog

Three years since being elected as Edmonton's first openly gay councillor, Michael Phair is seeking re-election in Ward Four. His record has been one of quiet, fair and diligent achievement.

Yet, in this age of marketing and because he is not a headline seeking politician, many Edmontonians may not realize just how effective the guy has been. And, with a large field of candidates in Ward Four, re-election could prove to be more challenging than the first win in 1992.

"Getting the gay vote out and getting the volunteer support could be the biggest challenge that sometimes comes with an incumbent," observes Pat Ryley, manager of The Roost. "If the gay community takes him for granted and expects he will get in without hard work, they could be in for a rude awakening."

Re-election is, in the words of community activist Maureen Irwin, the next step to be taken along a path that got Phair elected in 1992 as Edmonton's first openly gay councilor member. "It is one way to silence the critics-get the candidate re-elected and people won't have as much to say. Michael has only begun his work and a second term is vital to build momentum."

Now the campaign effort is in high gear. Among Phair's accomplishments in the first term:

- * Development of the Avenue of Nations Business Revitalization Zone
- * Activation of the Edmonton Youth Council
- * Establishment of the Edmonton Arts Council

Talk with people in Ward Four and stories of his advocacy, fairness and hard working approach to the job emerge. I was exposed to his effectiveness first hand late in 1993 when, as heritage writer for a local publication, I approached several city

council members seeking their support to save the historic Gibson Block.

Phair was the only one to listen and act. Within a few weeks, he helped persuade the mayor to call a public meeting to find a way to save the building. Within two months, a deal had been struck with the Edmonton City Centre Church Corporation. A year later, the building had been given a new life, providing shelter for women in need as the Women's Emergency Accommodation Centre.

The salvation of the "flatiron" building, an

held, Phair may well come out as the most admired councilor member. He has earned the respect through hard work, diligence and making rational, sensible decisions. Building consensus has always been his way - as founder of the AIDS Network of Edmonton, chair of the Edmonton Social Planning Council and an early childhood educator.

"one of the elements I admire most about Michael is his ability to see where needs are

Boystown Fund-Raiser
Everyone had a great time!

Friends 4 Phair



Edmonton landmark at Jasper Avenue and 96th Street for 83 years, could well be a catalyst to other development in a blighted part of the inner city, at the eastern entrance to downtown. A small victory perhaps, but a victory nonetheless. And that, more than anything, could be the mantra that drives the man.

That he happens to be gay shouldn't be an issue but, in some respects, it has given him the tools to do the job as well as he does. "A lot of people think Michael was put in office because he is gay, but there's a lot more to the story than that," Ryley reflects. "He puts the effort into making fair decisions and that earned him wide respect."

Indeed, if a poll of city councilors were to be

THE FRONT PAGE

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Group Profile: PFLAG

Since its founding in the United States in 1981 PFLAG has become one of the most respected and effective grassroots organizations in the world. Affiliates are located in more than 340 communities in the U.S. and Canada as well as ten other countries. Today PFLAG represents more than 27'000 families and speaks for others.

Our Mission is threefold: support, education, and advocacy. It states that PFLAG promotes the health and well being of gay, lesbian, and bisexual persons, their family and friends through support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. PFLAG provides opportunity for discussion about sexual orientation, and acts to create a society that is healthy and respectful of human diversity.

Support. We provide support to families who are trying to come to grips with the news that their son or daughter is gay, lesbian or bisexual. Parents need to know that they are not alone and also that their feelings, however confused, are normal. Sharing with others who have been through the same experience is a positive step towards acceptance. Many parents find that when their son or daughter "comes out" to them, they go right into the very same closet their offspring just vacated. They feel that there is nobody they can tell. This is where PFLAG comes in - with pamphlets, videos, books, and most of all a chance to share. We offer support also to gays, lesbians, and bisexuals during their "coming out" and try to make the process easier by giving them a parent's perspective.

Education. Most of us, as parents, wish we had known sooner that our children were gay and to that end we work to educate the public so that our young gays, lesbians and bisexuals can come out without fear of harassment or discrimination. We speak to educators, social service agencies, churches, clergy and student groups. It is a sad indictment of our society that the suicide rate among gay teens is four times the rate in the straight population. We aim to teach our youth that being gay is O.K. and that we love them for who they are. Pamphlets such as "Be Yourself" and "Read this before coming out to your parents" help to address their concerns.

Advocacy. Advocacy is also part of our mandate and members are encouraged to work for legislation that insure equal rights - NOT special rights - for their gay, lesbian and bisexual loved ones. Sharing personal stories is especially effective when PFLAG families and friends testify and lobby. They provide the personal experiences and perspectives that can ground public policy regarding gay, lesbian and bisexual issues in reality.

Edmonton Chapter. PFLAG Edmonton was formed in 1990 during Gay Pride Week by David and Frances Stocks. The group has worked at becoming more visible in the community and at helping those in need of support. Meetings are held monthly and are a combination of support, education and advocacy, each member being encouraged to participate to his/her own comfort level. Members have facilitated "Coming out in the 90's" workshops, told their stories to students, educators, clergy and their congregations and participated with groups such as the Police Liaison Committee and Human Rights.

We are listed in the PFLAG International Directory and thus can be in contact with other chapters worldwide. Our helpline 4462-5958 (Lynne) is listed there and also in the Edmonton Directory under the Gay and Lesbian Community Centre. Recently our new PFLAG outreach number 488-0173 Voice box 3524 (FLAG) was instigated where information is given about the group. In addition on Mon. through Thurs. from 7:00 pm to 9:30 pm callers can connect with a PFLAG volunteer anonymously and confidentially by phoning this number.

Our meetings are on the third Tuesday of the month at 7:30 pm at the Gay and Lesbian Community Centre which is located in the basement of Boystown Cafe 10116-124 St. the new offices are not ready yet but will be soon. For the location of the September meeting please phone 462-5958. Our newsletter is distributed monthly to members. For the last four years our members have participated in the Gay Pride Parade and for three years have hosted the PFLAG picnic in Queen Elizabeth Park following the parade.

We look forward to becoming better known in Edmonton and helping the gay community, their family and friends. Our speakers Bureau is ready and willing to speak to any interested groups. Phone Cindy at 459-8379 or Ellen at 465-3057.

SHOW YOUR BALLS

Bowling helps beat the Winter Blues



When winter squats on Alberta's face, as hard and fast as it's known to dump here, prairie people move indoors to wait out the long, cold season. But soon you're coping with cabin fever, abysmal boredom from lack of activity outside the comfort of your home. You can only stare at the boob tube for so long, right? And when you realize you haven't felt any sensation in your butt for some time, you know it's been way too long. You've got to get up and get moving but it's twenty below out there. What can you do?

One group of gays and lesbians have found a way to help beat the winter blues by hanging around alleys and showing of their balls. Bowling balls, that is, with Northern Titan's International Bowling Association of Alberta. The league is ready to roll out it's fifth season of ten pin bowling and there's plenty of room for you and your friends.

NTIBAA is a member of IGBO, the International Gay Bowling Organization, the largest gay and lesbian sports organization in the world. Many Titan's members have travelled to other member-cities tournaments, including the annual year end event held in different host cities every year. The '95 tournament drew more than 1300 gays and lesbians to Vancouver and the '96 tournament, this May in Philadelphia, is shaping up to be an exciting excursion. On a local level, NTIBAA holds it's own tournament on the November 11th (Remembrance Day) weekend with guests from other gay leagues making the trek to check out the Edmonton talent.

Tournaments aside, the Titans gather Saturdays just for the fun of it. League bowling is first and foremost a great socializer, skill level is secondary, so everyone fits in and there's no such thing as "not good enough." The league's motive is nothing but fun, with all your clothes on, at an affordable cost. After registration, a flat, weekly rate covers everything you'll need to play for the day.

So get up and get moving before the winter blues get you down. NTIBAA welcomes newcomers to the '95-'96 bowling season. Registration night will be Tuesday, October 3, at Boystown Cafe, 10116 124th Street. Come for coffee, check us out and think about bowling this winter.

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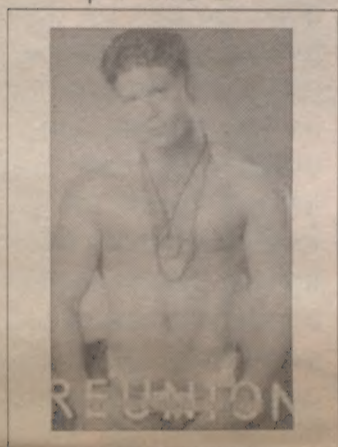
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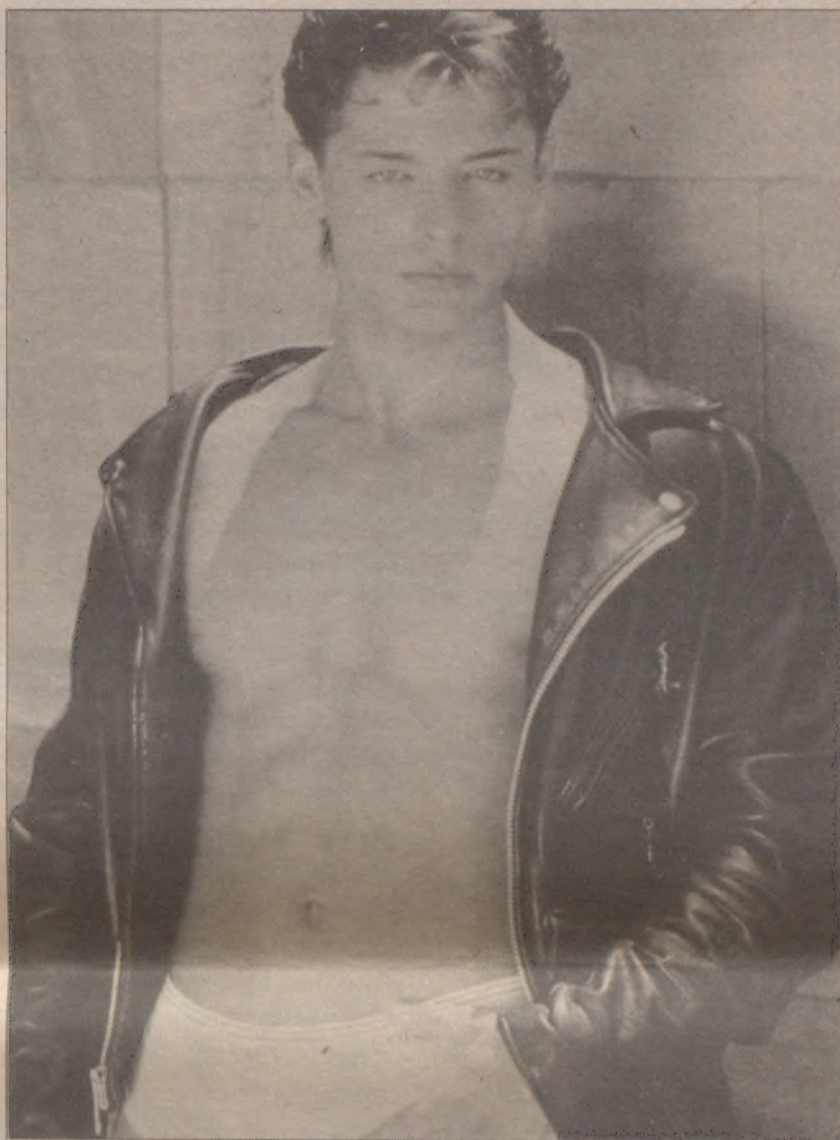
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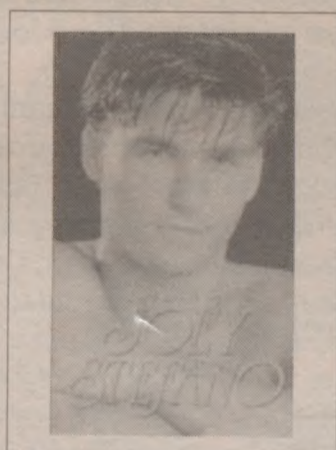
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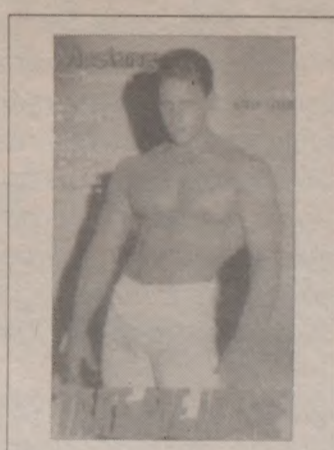
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Prickle Yourself

by Michael Kurylo

Summer is almost over and it's time to get back into the swing of things. I have spent quite a bit of time with a few people over the past few months, mainly tattooing and piercing. I thought I would give you readers something to think about in the following common questions below. It seems that piercings have become more of a fashion statement than what they were originally done for, the effects are the same and the people who are pierced are more aware of that metal ring they have on parts of their body. I know... I have multiple piercings myself, both nipples with 10 gauge rings, a Frenum with 10 gauge barbell, and a Prince Albert which is also 10 gauge. As you will read further on you will start to understand why people get pierced, and how it can change your body awareness.

For those who are interested in tattoos and piercings, I will be conducting a Workshop with Excalibur Tattoos around the end of September or early October, there will be posters out sometime in the next week or so.

For those who have internet access, you can contact me at: mak@oanet.com

For more information on the workshop or anything else you might want to find out.

For those that are on Bulletin Board Systems, you can reach me through the echo

called Darkside of the Moon on the Beast BBS or any other system that carries that echo. This echo is open to all genders and orientations as well it covers ALL aspects of the alternative lifestyle.

Now on to the rest of the story.

What is body piercing? What is "C&B" play, or "genitorture"?

Piercings aren't just done to ears. People have their nipples, navels, eyebrows, clitoris hoods, penises, labia, and other body parts pierced, and bits of metal permanently in the piercings.

These are the bare facts, but this practice, it turns out, has a lot to do with SM. Getting a piercing, first of all, is an incredibly intense rush, on a purely physical level. It's a very powerful thing to willingly have someone push a sharp piece of metal through your body. It can be a level of sensation beyond any you've experienced in your life.

Once you have the piercing, it can completely change the way that part of the body feels to you. One friend of mine said that his nipple piercings turned his nipples from little places that felt OK to full-fledged erotic zones connected right to his cock. He calls his nipple piercings the best thing he's ever done for his body and his sex life, and he seems damn sincere! The same goes for all the piercings in the genital area; they can really make sex more fun! There is some medical evidence that nerves around the pierced location become much more sensitive, so this isn't mere folklore.

Some people get into play piercings, which are done temporarily with very thin needles, which are removed at the end of the scene. This is basically another kind of sensory trip, which some find very enjoyable. The needles don't hurt, exactly, but you certainly do know they're in there, and they sure do get those endorphins pumping! You don't want to try doing permanent piercings unless you've been personally trained by a professional; there is a lot of knowledge involved, and you definitely don't want to get stuck with a bad piercing. Play piercings are less hardcore, but you still want to make sure you know sterile technique (remember safe sex!).

FOR WOMEN:

Does nipple piercing cause problems with nursing? Sometimes yes, sometimes no; there are stories both ways. There are many milk ducts in an average nipple, so the chances are good that nursing can still happen, but nothing is certain.

What is "C&B"?

"C&B play" stands for cock & ball play. "Genitorture" stands for "genital torture". This is a subject that makes some men clutch their nuts and run in fear, and makes other men instantly erect and greedy for more. The male genitals are at once the most vulnerable and most sensitive part of the male body, so of course many tops enjoy playing with them.

Cock rings are rings that go around your cock, typically around the base of it, behind the balls. The penis becomes erect when the blood vessels at its base constrict (because of arousal), trapping blood in the cock and causing it to swell. Cock rings have a similar effect, prolonging erection in most men that use them. (They also constrict the urethra, which will make any orgasm more intense, or even cause ejaculate to back up into the bladder. This is not dangerous unless done repeatedly. Experiment to find out how much tightness is too much.)

Most are made of leather, with adjustable snaps, so you can tighten or loosen them to fit (as well as remove them easily). Some are made of rubber. Some are even made of metal, but metal ones can be hazardous; if you put a too-small one on your non-erect cock, your cock may become so erect that you can no longer remove it--and if it is too tight, it will prevent your cock from softening. This may involve a trip to the emergency room and the use of bolt cutters. No joke! Some cock rings have multiple rings, for behind the balls, around the balls themselves, and around the base of the shaft. Some people like using lots of cock rings, to stretch the balls out away from the body.

Safety tips: The broadest guideline is to go slowly until you know how much you can take. If the pain from a particular activity starts to spread into other areas of the body, or if the pain lasts for a long time after the stimulation ends, you have probably gone beyond your limits. You won't

reach this point generally if you take your time. As with any SM practice, if you find yourself in pain later, or if you notice any abnormalities in your cock or balls when flaccid or erect, see a doctor. Of course, avoid any practice that seriously wrenches or twists the genitals; there are many ligaments and blood vessels in there, damage to which may make it hard for you to get hard. But the cock and balls can handle light whipping or slapping, provided it is done with care.

Of course, cock and ball bondage can be done with leather strips, ribbons, velvet cords, etc. Be as ornamental as you please; tying up an erect cock can create a luscious work of art, and teasing it can be even more artistic. Don't expect C&B bondage to keep a cock hard indefinitely; cocks will usually get soft if not stimulated, and bondage which will keep it hard may be dangerously tight. In any event, be sure you can remove your bondage quickly

FOR WOMEN:

A great deal can also be done with female genitalia. Some women love having clothespins on their pussy lips; some love light whipping on their outer labia, or even their clitoris. Sometimes body piercings can be used for bondage; labia piercings can hold a pussy open very delightfully, or clit hood piercings can be tied up out of the way with thread, leaving the clit naked and exposed. Some women like soft fur on their pussy; others like to be alternately soothed and tormented until they can stand no more.

Again, go slowly. Do NOT blow into the vagina, whatever else you do. Don't leave clamps on very long until you know how much your partner enjoys (and how it will feel to her the next day when the scene is over). Too much of one kind of sensation

(Continued on page 21)

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Coronation 20

Jim & Gretchen - GI Gals and Glamorous Joes

In this day and age of cutbacks and shrinking dollars, the idea of royalty seems to be a thing of the past. The colonies no longer want to pledge allegiance to the Queen and even England is wondering about royalty's usefulness. Why, the poor old gal even has to pay taxes now, *can you imagine?* Yet here we are, in Edmonton, celebrating 20 years of the Court system and our own royalty: Emperor XIX Jim McBride and Empress XIX Gretchen Wilder.

Having reigned as the 19th House for the past twelve months, Jim and Gretchen celebrated a hectic year with their step-down at the ball, "Coronation 20". In what has been an eventful and well traveled year (some of which Ms Wilder can remember) Saturday August 19th at the Edmonton Convention Centre marked the end of their reign and the beginning of a new one.

In their effort to fulfill the requirements of the Court, generate revenue and ensure that the ball was a success, Jim and Gretchen have staged many shows, participated in events and traveled extensively.

This year approximately 275 people attended the ball which was billed as "The Royally Mounted Canadian Corn-Nation". Before the doors to the ball were opened, people were invited to check out the Gay and Lesbian Business Fair. Tables and booths were set up in the foyer to give businesses an opportunity to promote themselves. Once the doors opened there were the expected entrances by groups, performers, drag queens, partying and more drag queens. Of note in the performances was Izora Jackson Jones (Calgary) who did a dance version of "Midnight" in Cat drag. Our own local "Supremes" were very good doing both a couple of Supremes tunes and helping back up other performers. Twiggy, as usual, was fabulous and did a hilarious take-off on a Reba McEntyre duet with Syreeta (Calgary). Also well performed were "In This Life" and "Our Love" done by Gretchen for her last walk.

Aside from the performances, the drag and



Empress XX and Emperor XX



Emperor XIX and Empress XIX

partying, there is also a serious side to the ball. The money raised from the cover charges, at the bar, the raffles, the auctions and those beautiful quilts sewn by Ms. Gretchen were redirected back into the community on ball night. Three \$500.00 scholarships were given out by the Court and throughout the year Jim and Gretchen have dedicated their fundraising to providing a van for Kairos House. At present, approximately \$10,000.00 has been raised and the Court is trying to find a dealership who will donate the balance for this worthwhile cause.

As for the winners of the titles Emperor and Empress XX - the sole candidate for Empress won. Toosanelda Woofenpeekhole (Hurst) is now Empress XX. Because there wasn't a campaigning candidate for Emperor, the Court went back through the previous Emperors and Darryl Broyles (Vera) will reign as Emperor Regent.

Through both their actions and travels, Jim and Gretchen have proven to be great ambassadors and hard working representatives, not only of the Court but of our City and community. They both deserve credit for a year well done.

VOTE
Oct. 16

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HOROSCOPES

BY David Michael


Astrology based solely on SUN SIGN is bound to apply only vaguely to you personally. You can obtain a FREE personalized horoscope by writing to David Michael's Astrological Services care of this magazine: Box 932, Edmonton, AB. T5J 2L8. Be sure to include, Date, Time, and Place of Birth as well as a regular 45 cent postage stamp.

 **Aries:** September finds you dealing with details, worrying over the welfare of others and being of service. A time of discrimination and possible self-examination. You are sorting through the experiences of the last several months, separating the worthwhile from the worthless and in general salvaging what you can. Also, attending to your health and well-being. A social drive may find you out and about, feeling like getting together and enjoying the social scene.


In October you may be urged to adopt a more open or impersonal attitude toward yourself or others. Friends that aren't so friendly may drop away, and you could find yourself standing alone in pursuit of your destiny — a new strength is slowly being developed.

 **Taurus:** In September self examination brings you the sense of having lived and 'experienced something'. Perhaps the dawning of an awareness of who you deeply are and what you have been through these last months. A growing sense of discovery and even ownership of your own self and experience. Ideas and interaction with authority figures or older people may be in the fore. Working with (rather than against) the flow should be easy to do. You may find yourself appraising and very appreciative of your more creative and expressive qualities.


October is a time when matters of food, health and self-preservation are very appealing. You may find yourself appreciating a conservative streak in you that wants to take care of whatever needs attention, to lay something aside for the future.

 **Gemini:** September brings the end of a time of questioning and feeling your way. Now you can get a handle on it, secure your position, feel whatever limits there are, and move forward. You have a base to build upon. You have sent down roots whose strength is now tested. Deeply intimate and very personal thoughts and communications are now probable and possible. Right now, the key to career moves involves attending to nagging details — whatever you have neglected and put off.

October finds you moving from discussion on security and family issues into a more free-flowing creative idea mode. Attention to matters of health and efficiency are still important at this time for this creativity to have results.


 **Cancer:** In September you are exploring and searching, linking things together, following up connections, seeing where the ends meet — communications of all kinds, finding the limits. A time to pursue a more lasting set of values, be they religious or philosophical. Everything external and business-oriented should prosper, provided that honesty and truth be your guide. You are reaching a peak regarding outward success this fall and winter.

By October the questioning and 'feeling your way' should pass, leaving you with a more secure sense of who you are and how you fit into the lives of those near and dear to you.


 **Leo:** September is the time when you can respond to new ideas, and find a footing upon which you can build a foundation. You may be gathering resources, materials, finances to catch and hold on to vital ideas, impulses you have

experienced. Nurturing and growth are your focus. "Take care of business" is the key to present moves. This is a time to concentrate on essentials, to cut through outer superficialities and find a more lasting reality. Strict business decisions are in order.


October finds you more social and communicative than usual. Use your charm and glamour now to make some of those above decisions stick.

 **Virgo:** Compassionate always. Interested in the welfare and at the service of others. Worried about them. Taking care of everything. Finding the self through response and service to others, to life. This is your usual mode, but now is a time to let go of all that is worn out and superficial and to bring what you can across into your personal life. A turning away from the outer world, focusing now on personal and inner changes. New Information comes to help you do just this. Although money occupies your mind this month, let it be in some creative occupation and not just sickening worry.


October lets you put into practical action September's primary focus.

 **Libra:** September is a demanding month full of minor inconveniences and irritations. People and situations call on you to sacrifice during this period for the sake of what is really important in your life. As the month draws closer to your birthday, you are asked to dump the dross and focus on self.

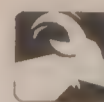
In October you are more than usually aware of how others see you. Your charm is at a high for the year and you attract people and situations more than usual. However if you are carrying excess baggage now that should have been dropped off, this energy could make you susceptible to embarrassments.

 **Scorpio:** September is a good month for planning, setting longer term goals and assessing your overall aims. You work well with others during this period and so would do well in community work or other group activity. You are more forgiving now, willing to put up with what you see are minor aggravations from others.


October finds you feeling an urge or sudden impulse to present yourself to others and to get your emotions across. A drive to be more outgoing and aggressive could find you rushing in where you never dared to before. The last few years have been a cornucopia of emotional vulnerabilities for you to cope with. Change is the easiest thing to do. Let it flow and let it go.

 **Sagittarius:** September finds your practical vision at a high. Career and vocation issues will benefit now from your extra clarity and focus. You early archers are in a super positive position this fall. Now finally your rewards come home. Those born later in the sign will have to bide their time a bit longer and keep giving for now, but remember that restraint and a little long-sufferance now could really pay off in the near future.

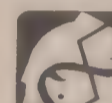
October finds you involved more with others. Your career may be tied more to your appearance and how you come across to others now. You may find that success comes by concentrating on your outward manner — the way others see you.

 **Capricorn:** September is your 'blunt month'. This is when you are most interested in the truth of things and less tolerant of superficialities. Philosophical speculations are quickened now and you find it easier to go with the flow. There is some growing pressure this fall to clean your inner house, any bad habits you wish to drop are easier vanquished now.

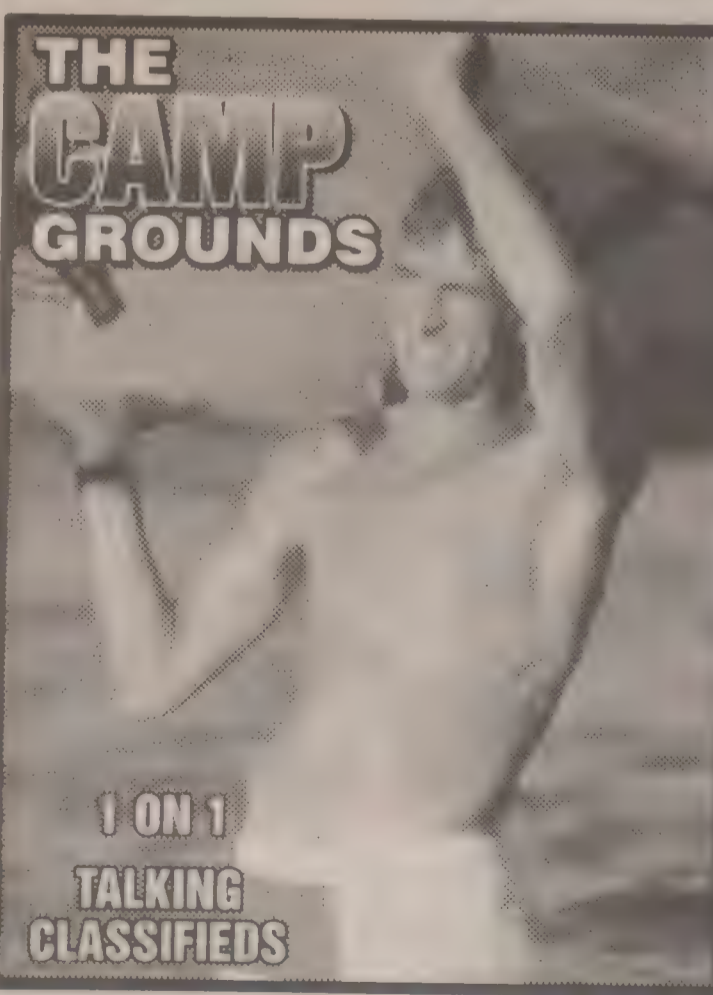
October continues much of the above but there is a heightened potential to focus on your career or vocation. Honours are possible.

 **Aquarius:** September calls you to get down to the business of separating the proverbial wheat from the chaff. You are unsentimental about this now and so are more able to strip away and discard inessentials, memories of things past and the like. Work and career have been a primary focus during this year. An opportunity to make good decisions, clear choices, is yours. You are at your most practical, and what happens now may have a lasting effect on your life direction.

October is a gradual intensifying of the above. People will start to come offering opportunity this month and for a lot of the coming year. Watch for them. The potentials presented are up to you to recognize and grab. They won't insist on being taken.

 **Pisces:** A time for turning away from the personal by responding in a more spiritual and social manner. You can handle your own past, and you want to share by relating to others, or in community work. You are able to love and care for yourself and others. Your career demands an input of learning from you at this time. This may be quite literal or merely the need to be more philosophical about your vocation. For some, travel or even relocation might be the key to advancement.

October continues your sense of personal determination. You might find yourself under stress to re-evaluate how others' values impinge on yours. You have the energy to transform the dross to gold now, or to chuck it completely



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Our Support Groups and Services

AIDS Network of Edmonton Society

The Network retains its original operating philosophy: to provide support and education wherever it can be helpful in north-central Alberta. AIDS Network of Edmonton works cooperatively with all those organizations in Alberta and across the country who are working to help limit the spread of HIV infection. Today the network provides: Education, Info-Line, Speakers Bureau, Resource material and various Support groups. If you wish to know more about the Network call 488-5742

Alberta Society for Positive Women

The society is dedicated to supporting the needs of women with HIV in the province of Alberta. We provide support, education and advocacy to women with HIV. This is provided through our Peer Counselling (488-5768), Support groups (424-6346), Education (488-5742) and Speakers Bureau (488-5742).

Alcoholics Anonymous

A A is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Call 424-5900 for times and places of Gay and Lesbian meetings.

AXIOS - Edmonton

AXIOS is an international organization of Eastern Orthodox and Eastern-Rite Catholic Gay and Lesbian Christians. Our mandate is to promote a greater understanding of human sexuality and spirituality within the Eastern Christian tradition. The AXIOS monthly newsletter is available via the internet. Contact Dushan at 454-8449 for more information.

Badminton Group

The group meets on Fridays at Oliver School between 7:30 - 9:30 PM. Use the door at the north entrance to the school. Everyone is welcome and some equipment is available. A small donation of one dollar is appreciated. Contact Frank at 990-1696 for the scheule.

Edmonton Prime Timers

Prime Timers is a social fraternity for older gay and bisexual men and their friends. The purpose of Prime Timers is to provide an opportunity for mature gay men to fraternize and join together in a programme of social activities. Meetings held 2nd Sunday each month at the Unitarian Church at 3:00 pm. If you would like more information address correspondence to Chairman, Edmonton Prime Timers, Suite 1093, 11444 - 119 Street, Edmonton, T5G 2X6. Contact Terry at 477-3463.

Edmonton Vocal Minority

We are a group of women and men who join together in a common love for music, and the desire to build a greater spirit of unity and pride in the gay and lesbian community. We strive to bridge the gap which can separate us from the mainstream of society. Persons who wish to sing with the choir should call David at 424-1561. Support members are welcome to join by phoning Lorna at 423-6987.

Feather of Hope Aboriginal AIDS Prevention Society

The Feather of Hope was founded on a need to provide AIDS education and support to Native People in Alberta. Through education and the development of communities in partnership, it is hoped that the spread of AIDS will be lessened. We offer training and education programs, as well as support through traditional ways. Volunteers are very important to us, if you can help, or would simply like some more information call 488-5773

Gay and Lesbian Community Centre of Edmonton (G.L.C.C.E.)

The centre contributes to the well-being of Edmonton's gay, lesbian and bisexual community through informational, social support services and its social information line. The services offered by the centre include an information line, telephone referrals, library, drop-in peer support counselling and

social activities arranged and sponsored by the centre. Further information is available at 488-3234

Gaylines

A special telephone service is available. The intent of this line is to aid in the forming of a central information net that will aid all walks of life. Messages are outgoing only. The line is setup in a single location that will be permanent and will also be listed in the phone directory. It is free to all Alternative Lifestyles, Support groups, Clubs, Individuals and Businesses. Call 486-9661 to request your mailbox.

Gay and Lesbian Awareness (G.A.L.A.)

We are an organization interested in human rights issues especially related to sexual orientation and changing Federal and Provincial legislation. We are always interested in new members. If you are interested call David Sanders at 487-2684.

Illusions Social Club

A social club for the TV/TS oriented. Our goal is to provide a safe, discrete meeting of kind in safe meeting locations. It's time to come out of the closet. For more information please write to Illusions, Box 33002, Glenwood PO, Edmonton, AB T5P 4V8 or phone (403) 486-9661

Imperial Sovereign Court of the Wild Rose

The mission of the Court is to raise funds for charities and other organizations which either provide direct services to gay and lesbian individuals. Meetings of the Society are held monthly on the last Wednesday. For meeting location and time please see the Court notice boards in Boots and Saddle or the Roost. You may also call Gaylines at 486-9661 and press box 27.

Interfaith Association on AIDS Edmonton

The purpose of this association is to sensitize local faith communities and their leaders to the unique spiritual and emotional needs of those infected by HIV/AIDS. The following faith communities are included: Anglican, Baha'i, Baptist, Beth Shalom Synagogue, Lutheran, Metropolitan Community Church, Roman Catholic, Temple Beth Ora, Ukrainian Catholic, Unitarian and United Churches. Phone 448-1768 for more information.

Les-Bi-Gay Darts Club

This is an informal and social dart club. No previous experience is necessary. We are here to have some fun and meet each other in an open atmosphere. There are no fees. We gather at GLCCE the first Thursday of the month at 7:30 PM. Call 428-8847 or 421-4427.

Liason Committee, The

In June of 1993 Edmonton Police Service and the Gay and Lesbian community for med a liasion to promote an atmosphere of understanding and mutual respect. For more info call Edmonton Police Service at 424-7248 (pager 293) or Murray Billet at 482-7421

Lipstick Lesbian Youth Peer Support

This is an organization intended to allow all femme lesbians and bisexuals the chance to meet and realize that they are not alone. Our goal is not to segregate the lesbian community, but to acknowledge that femmes do exist. This is an opportunity to meet and socialize with other femmes. Please call 988-4836 for more informaiton.

Living Positive

Emotional, spiritual and psychological support is available through Living Positive to all those affected by HIV infection. We offer strong, loving, confidential support. We also meet weekly and share our mutual experiences. Living Positive is entirely directed by and for poeple who share a common diagnosis of HIV+. Peer counselling, hospital visits and a speakers bureau are also available through our society. Phone 488-5768

Lutherans Concerned: Edmonton

We are a spiritual community for lesbian, gay, bisexual and straight people. Lutherans Concerned gathers monthly for worship, sharing, and friendship. We offer individual support and a safe space for our own spiritual questions. Call Tim at 426-2533, or write P.O. Box 11095, Edmonton, AB, T5J 3K4

Metropolitan Community Church of Edmonton (M.C.C.)

We are a local church within the denomination of the Universal Fellowship of Metropolitan Community Churches. Our major focus is to the defranchised of society. The UFMCC allows anyone to feel a part of the Christian Community and to claim our place in God's Universe.

Services are open to all. We worship on Sunday evenings and on the first and third Wednesday of the month. Please feel free to join us! Call 429-2321 for more information.

Northern Chaps

Edmonton's Leather - Fetish club for Gay, Lesbian, and straight men and womyn was established six years ago. We strike to educate the rest of the community through workshops, staged demonstrations and events in order to heighten awareness. Northern chaps meets at Boots & Saddle on the first and third Friday of each month at 9 PM.

Northern Titans

Northern Titans is the Gay and Lesbian bowling league in Edmonton. You are welcome to join either as a team member or a drop in. Bowling time is 5:15 every Saturday at Lynwood Bowl on 16127 - 118 Avenue. There is a \$12.00 charge for shoes and three games. Call 454-1458 for info.

OUTreach

OUTreach is a university based organization for gays, lesbians and bisexuals interested in an academic atmosphere. Meetings are held every Tuesday at 5:00 pm on campus; main floor of the Athabasca hall. Topics vary from week to week. Additional information is available by calling 988-4166.

PFLAG

Parents, Families, & Friends of Lesbians & Gays. PFLAG promotes the health and well-being of Gay, Lesbian and Bisexual persons, their families and friends through support, education and advocacy. Meetings are held the 3rd Tuesday of the month. For more info phone Cindy at 459-8379, Newsletter editor Ellen at 465-3057. Outreach to speak confidentially to a PFLAG volunteer 448-0173, Voice Box 3524 (PFLAG) Mon-Thurs, 7-9:30 pm (Recording 24 hrs a day).

Pink Triangle Youth of Edmonton (P.T.Y.E.)

The Pink Triangle Youth Group is a program offered by the Community Centre. The youth group exists so that young people age 16 to 21 - lesbians, gays, bisexuals and those wondering about their sexuality can explore their feelings, meet other young people like themselves. Information is available to all along with fun in a safe, supportive environment. Phone 488-1574 for more information about the Youth Group.

Team Edmonton

Our goal is to enhance Edmonton's Gay and Lesbian community by facilitating participation in sporting, cultural, and leisure activities at the local, national and international levels. If you would like to be involved with Team Edmonton call 486-9661 Box 16 for more info.

Visions - Unitarian Church of Edmonton

Gay, Lesbian, Bisexual, Transgender discussion group. We meet the 4th Wednesday of the month. Call UCE at 454-8073 or Anita at 454-1992. Not necessarily Christian.

Womonspace

The purpose of Womonspace is to foster a positive Lesbian identity among ourselves and the larger community. We hold dances, produce a newsletter and hold other activities. For information call the Lesbian Life at 425-0511.

If you are an Edmonton based Gay or Lesbian Community non-profit, group and wish to be included in this directory send a short description to Times .10 Magazine, Box 932, Edmonton, AB T5J 2L8 or Fax us at 488-6915

SOME QUESTIONS AND ANSWERS ON "COMING OUT"

I think I might be gay, but what if I don't know for sure?

The short term answer; You'll know when you know. It could take a while, and there is no need to rush.

Some gay people say that, from the time they were young, even just 5 or 6 years old, they "felt" different. They didn't share the grade school crushes about which their friends talked, or they had crushes on friends of their own sex, and no one seemed to talk about that.

Often, they say, it took a while to put a name to their feelings, to begin to think of themselves as gay, lesbian, or bisexual. But when they started thinking in those words, it made sense, it fit with the feelings they had growing up.

Many other people, though, don't begin to figure out their sexual orientation until they're teenagers or even adults, and it can be very difficult.

At some point, almost everybody gets a "crush" on someone of the same sex, like a great teacher or a friend's older sister or brother. Almost everybody's "best friend" is of the same sex. But none of that means you're gay.

One or two sexual experiences with someone of the same sex may not mean you're gay either, just as one or two sexual experiences with someone of the opposite sex may not mean you're straight. Many gay people have some sexual experiences with the opposite gender, and many straight people have sexual experiences with their own gender.

It's important to know, too, that you can be a virgin or not be sexually active and still know you are gay. Your feelings and your emotional and physical attractions will help tell you who you are.

Our sexuality develops over time. Don't worry if you aren't sure. The teen years are a time of figuring out what works for you, and crushes and experimentation are often a part of that. Over time, you'll find that you're drawn mostly to men or to women, or to both, and you'll know then. You don't have to label yourself today.

If you think you are gay, lesbian or bi-sexual, don't be afraid of it, and don't hide your feelings from yourself. All that does is keep you from figuring out your sexual identity, from figuring yourself out.

I don't see anything that says other people are gay, am I the only one?

The short answer; No.

Dr. Alfred Kinsey, the world's best known sex researcher, concluded from his research that almost nobody is purely straight or purely gay. He found that most people have some attraction to the same sex during their lives, and that many people have some sexual experiences with the same sex or with both sexes.

Think of it as a range, or "sexual continuum." At one end of the range are many people who are attracted only to the same sex. At another end of the range are many people who are attracted only to the opposite sex. And in between are people who are attracted to both sexes.

So wherever you are on the continuum, you've got plenty of company. Some estimates say one of every ten people is gay.

There are gay people all around you—you just can't always tell who they are. They're white, black, Asian, Hispanic, and Native American. They're Jewish, Catholic, Protestant, and Buddhist. They're old and young, rich and poor. They're doctors and

nurses, construction workers, teachers and students, secretaries, ministers and rabbis, store clerks, mechanics, business people, police officers, politicians and athletes.

And when they were teenagers, most of them probably felt the same way you do. If you get to feeling you're all by yourself, just remember; singer K.D. Lang probably felt that way too. And Elton John. And tennis star Martina Navratilova. And M.P. Svend Robinson. And thousands and thousands of other people.

Is it normal to be gay?

The short answer; Yes. Being gay is as natural, normal, and healthy as being straight.

No one knows exactly how human sexual orientation, gay or straight, is determined. Most experts think it is a matter of genetics, biology and environment, that a person's sexual orientation could be set before birth or as early as two or three years old.

Dr. Richard Pillard, a psychiatrist at Boston University School of Medicine, points out that homosexuality exists "in virtually every animal species that has been exhaustively studied." Homosexuality is as much a part of nature as heterosexuality.

Not only is it natural, it's as healthy to be gay as it is to be straight, no matter what some people might tell you. The American Psychiatric Association declared in 1973 that homosexuality is not a mental disorder or disease, and the

(Continued on page 21)



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the
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MAKE YOUR MARK ON OCTOBER 16

by Counsellor Sherry McKibbin

About half of the city's eligible voters turned out for the 1992 Civic Election, the highest turnout since 1966. Some people who don't vote say they just don't care. Others do care, but they express their alienation from the system by staying away on election day.



It's especially important for gays and lesbians to get out and vote. As members of a minority group, we know that we can't rely on the tolerance of others to protect our human rights. We need to assert our rights every opportunity we get. One way is to vote for people who represent our interests, who speak to our issues.

Before you casually dismiss the election as irrelevant to your life, look at these challenges. As someone from the lesbian and gay community, and a member of a minority

group, they directly affect you because these concerns address the level of tolerance in our city. These challenges include:

- * fighting to provide same sex benefits to City employees
- * strengthening the City's diversity Initiatives Office to help promote equal opportunities
- * challenging and fighting back against discrimination from the police service and other city departments
- * promoting investment in the arts to contribute to our quality of life and enhance our economic base
- * enabling persons with disabilities to more fully participate in community life
- * confronting racism and developing community-based solutions
- * inspiring our youth to help reshape our city to accommodate their future needs

At the City, discrimination based on sexual orientation is already officially prohibited. But we know that official policies and initiatives won't protect lesbians and gays from discrimination. Attitudes must change and that takes time and a hell of a lot of work.

Creating a climate that fosters equality for gays and lesbians is not just an issue of importance to us, although it is. It's important because it speaks to promoting tolerance for all of the differences in our community, whether it's Sikhs wearing turbans in Legions, single mothers on social assistance struggling to provide for their children, or our First Nations People's just demand for self-government. What equal rights means is accommodating, understanding and even celebrating these differences.

The question to ask yourself, is which candidates will champion this vision of a more tolerant Edmonton? In this election, there are four progressive councillors in Ward 3 and 4 and the mayor running for re-election. As well, there are progressive candidates in other wards.

There's a strong message in fact that one out of every two eligible voters don't vote. The message is very clear; many people feel that they have no meaningful say in how the city is run, so they simply opt out.

Yet civic government has the most direct influence on people's lives. While the federal and provincial governments get more media attention, the city's services and programs affect the quality of life in a more immediate way.

The challenge for elected politicians is to change the way decisions are made. People today are more educated and better informed and they're rightfully demanding a greater say in how decisions are made. People are fed up with paternalistic politicians; people want to speak up for themselves.

I think we need more creative ways of enabling people to actively participate as meaningful partners in the decision-making process. That means providing people and communities with the resources they need to develop solutions to their problems. I'm committed to continue pushing hard to make the process more open and to share more power and responsibility with people and communities.

Realistically, this kind of fundamental reform is a long term, evolving process. I strongly urge you to actively participate in this process.

A good place to start is to get involved in the election. Inform yourself about the issues, clarify the positions of the candidates, and then help get your candidate of choice elected. There are dozens of ways to get involved; put up campaign signs, drop leaflets, talk to your friends and neighbors, phone canvass, contribute financially to a campaign.

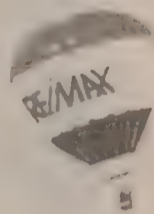
Most of all, change can start at the ballot box and that's where you come in. **Voting is your right. Please exercise it on October 16.**



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Warren Hurt



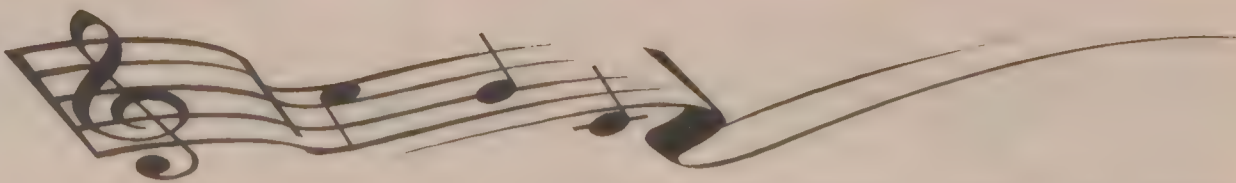
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Sound Bites

by Gib Adams



Welcome readers to the first issue of Times .10 in its new format. A slight change to this column will be the addition of Quick Bites (Capsule Reviewing). Full length reviews and POW - to the Moon Alice will still be featured. See ya next issue.

Bjork-Post (Elektra)

Bjork has gone from appealing novelty (early Sugarcubes) to annoying one (late Sugarcubes) to the queen bee of quirky fringe music (her solo career) and "Post", her second solo outing solidifies her reputation as an artist with an interesting accent and some oddly striking mainstream pop.

Indeed, if it is Bjork's voice (breathy Icelandic squeaks) that makes her unique, then it is her songs that make her so memorable. "Human Behaviour" was one of the most refreshing pop hits in recent memory. While there is nothing as brilliant on Post as "Human Behaviour", Bjork continues to paint herself with eclectic musical abandon.

There are moments where it falls apart such as on "You've been Flirting Again". The dreary symphonic arrangements go nowhere and only work against the frailty of her voice. And "Cover Me" with its harpsicordal arrangement and two minutes of babble goes absolutely nowhere. However, the heavy industrial dance beats of "Army of Me" and "Enjoy" work nicely with both Bjork's lyrics and voice. Also a reminder of all that's right with Bjork's current musical direction are the two tracks, "Isobel" (tribal dance) and "I Miss You" (dance pop). And definitely the most bizarre, way out in left field track here is "It's Oh So Quiet". On this tune Bjork sounds like she is a schizophrenic on acid trying to sing a big band number (Sort of a 90s Nora Desmond).

One of the more difficult aspects to listening to Bjork is the lyrics. If you are used to the moon in June structure this release will confound you. A good comparison to Bjork would be the Laurie Anderson school of spoken word / poetry put to music. Even with the enclosed lyric sheet it's pretty difficult to figure out what each song actually means. Yet somehow, the marriage of eccentricity (the

lyrics) and convention (the music) usually works. ■■■■□

Marianne Faithfull - A Secret Life (Island)

Marianne Faithfull emerged in the 60s onto London's pop scene with the model looks and a sweet singing voice. Her early work was influenced by the Stones, while her later work, affected by years of alcohol and drug abuse, made her the rock equivalent of Edith Piaf. Although the years have been rough, Faithfull uses her pain to continue her artistic goal.

Avoiding the commercial sound established on "Broken English", Faithfull tackles an orchestrated pop-cabaret concept album about love. The feel is reminiscent of say, "War of the Worlds" or of Leonard Cohen's type of material. Here on "A Secret Life", Faithfull matches her whiskey worn vocals to a dark and often bitter tale about the twisted road on which our hearts can wind up.

Faithfull opens the performance with a spoken excerpt from "Divina Commedia" by Dante. The singer sets the one for her characters by lamenting the loss of choices mid-life brings, yet love is still what we hope for no matter how dark the road. The first track, "Sleep", Faithfull's character finds death the safest place from love. Perhaps in the beyond "the missing pieces that you lost" will be found. On various other tracks, different characters gives their stories, "Love in the Afternoon" (a married woman's affair), "Flaming September" (in the end there are only memories), "She" (the final desperation in breaking apart), and the "Wedding" (the bond love, marriage and children have).

Faithfull closes the disc with an epilogue taken from "The Tempest" by Shakespeare. "Our revels are now ended. These are actors, as I foretold you", and "We are such stuff, as dreams are made of. And our little life is rounded, With a Sleep". The reality of it all is that in the end, our existence is finally shaped by death.

The orchestral accompaniment on the disc provides a very dark, old world mood, willed with melancholy. The musical accompaniment suits both the material and Faithfull's vocals. ■■■■□

Haddoway - The Drive (BMG)

This is sort of like Free Willy II, or Son of Haddoway. Same dance concept as the first album, only a little more slickly produced. Definitely doesn't smell as fresh the second time around. On "Lover Be Thy Name" and "The First Cut is the Deepest", Haddoway does

an OK Jon Secada impersonation, but other than that there's not much here that doesn't all blend together with the use of reverb overkill. ■■■■□

The Manhattan Transfer - Tonin (Warner)

Tonin? This should be titled Over-the-hill vocal group duets with other over-the-hill artists to try and make a come back. Franki Valli, Bette Midler, Smokey Robinson, Laura Nyner, Phil Collins, etc. all re-perform hits along with Manhattan Transfer. What could have been great is very lukewarm. Lifelessly produced by Arif Mardin this could wind up in elevators near you (Very, Very middle of the road.) ■■■■□

POW - To The Moon Alice

This issue we're sending Pat Ryley to the Moon. (Hold it down, we're speaking metaphorically.) Pat is a local legend in his own lunch time. Having been the bar manager at the Roost for umpteen years, Pat is a performer (singer), opinionated letter writer (The Sun), community involved individual, and was also this year's Ball Coordinator (Isn't she "Precious"??) Here's his 10 choices for the trip...

Pat Ryley's Top Ten

1. Barbra Streisand - One Voice Who else can sing for an hour and carry perfect pitch? Like butter.
2. Pink Floyd - Dark Side of the Moon
Years and years of smoke in a joint and close your eyes.
3. U2 - The Joshua Tree
Oh to be on FLASHBACKS late night dance floor one more time.
4. Kate Bush - The Whole Story
Simply part of my coming out.
5. Tears for Fears - The Seeds of Love
Here's the Pink Floyd of the late 80s. Musically superb.
6. Harry Connick Jr. - 25
An original, more inventive and talented, but one of the few that sold the package. Is he gay? Don't let those lips go to waste.
7. Fleetwood Mac - Rumours
Loved the album so much I really shouldn't have gone to the concert.
8. Sting - The Dream of the Blue Turtles
Relaxing mood music from an artist who challenges the world.
9. Cyndi Lauper - True Colors
Loved the wild image, brought the voice and took years to realize the wealth of talent covered by all the hype.
10. The Commitments
Energetic trip to the moon music. Only 'cause I really couldn't decide between k.d. lang, Jann Arden, Sarah McLachlan and Tori Amos.

GMOC FALL WORKSHOPS

Celebrating Safer Sex

Sunday, Sept. 24
12:30 - 6:00 pm
AIDS Network
#201-, 11456 Jasper Ave

Being Gay in the 90's

Oct. 4 - Nov 22
(8 Wednesdays)
7:00 - 10:00 pm
St. Stephen's College
8810 - 112 Street

Coming Out in the 90's

Oct. 4 - Nov 8
(6 Wednesdays)
7:00 - 10:00 pm
St. Stephen's College
8810 - 112 Street

Dates are confirmed

Please Call
988-3671
to register

GMOC
Gay Mens' Outreach Crew
MANTO MAN

Enlighten Yourself: Books of Interest

Out Of The Past; Gay and Lesbian History from 1869 to the Present

By Neil Miller. 1995. Vintage Books/Random House. 657 pg., bibliog., index. ISBN 0-679-74988. \$16.00

Since AIDS has infected so many gay men, it is critical that one understands gay and lesbian history. Gays have suffered much with this disease and many negative comments have been written and said, including those of Senator Helms. This book is an excellent history that is a delight to read. It is well documented and full of facts. The seven sections cover: "The Invention of Homosexuality," "Four Bohemias," "Triumph of Ideology," "Before Stonewall," "The Gay Liberation Decades," "The International Scene," and, "The Gay Movement." Chapter 27 covers the 1980's including AIDS, the Vatican, lesbian sex debates, Michel Foucault, Terry Dolan, and the gay fiction boom. This is a must read book and should be in all libraries and made available to all those who feel that AIDS and gays go together and should, therefore, not be given much attention.

Nutrition and HIV: Your Choices Make a Difference

Sponsored by the Tennessee Department of Health and Environment, Tennessee Office of the East Central AIDS Education and Training Center, and Tennessee Hospital Association, edited by Peggy A. Wickwire. no date. Division of Nutrition and Supplemental Food Programs, Tennessee Department of Health and Environment, C2-233 Cordell Hull Bldg., Nashville, Tn 37219. 52 pages. Write for a copy.

This is a very useful little booklet containing a wealth of useful information on basic nutrition, eating problems, healthy foods, food safety and other related information. Some recipes are also included. This book will help you make healthy choices leaving it up to you to make the food choices you want to eat, how to prepare them and when to eat them. Recommended for all libraries and for personal use.

My Brother Has AIDS. Deborah Davis. 1994. Macmillan Publishing Co., 866 Third Ave., New York, NY 10022. 186 pages. ISBN 0-689-31922-3. \$14.95.

Deborah Davis has written a story that can be related to by many people who have become infected with HIV. Families are torn apart by this disease and families are brought closer together. In this case, Lacy is a swimmer who wants to excel. Swimming is her life until her brother comes home diagnosed with AIDS. He is very sick, yet the family does not want anyone to know that he has AIDS. Lacy has to make many choices but her love for her brother outweighs all of them. How Lacy finds the courage to face tragedy with honesty, humour and compassion and how she begins to reconstruct her own shattered life, makes her story an absorbing one, a

story that is both timely and universal. This is an excellent book that will make you laugh, smile and cry. It is one that should be required reading for all teenagers who say, "This will never happen to me."

My Alexandria Poems Mark Doty. 1993. University of Illinois Press, 1325 S Oak Street, Champaign, IL, 61820 89 pages. ISBN 0-252-06317-1. \$10.95.

This beautiful collection of poems was selected for the 1993 National Poetry Series by Philip Levine. It is a book "about mortality, about the mortal weight of AIDS in particular." Philip Levine says he is "a maker of big, risky, fearless poems in which ordinary human experiences become music." There are 21 poems included in this collection. Although many will tug at your heart strings, they are full of truth and reality, reflecting on what is happening in the age of AIDS.

How to Make Love to a Man (Safely); A New, Intimate Guide to Sexy Sex in the Nineties.

Alexandra Penny, Susan Dooley. 1993. Carol Southern Books, 201 E 50th Street, New York, NY. 10022. 147 pages. ISBN 0-517-594213-4. \$18.00.

The are quick to state that the only totally safe way to risk of AIDS is abstinence. However, "Few of us will elect this option, and so the aim of this book is to provide the latest information about the best way to protect ourselves and stay healthy." They do this extremely well in a straight forward and sometimes humorous way. They talk about safe sex, condom use, past partners, provocative scenarios and dialogues that can be engaged. Although some schools may find this a provocative book to have for their students, it is one that should be considered. Public libraries need several copies and, of course, it is a book for individuals to own and consult.

HIV Infection in Women Edited by Howard Minkoff, Jack A. DeHovitz, Ann Duerr. 1995. (27 contributors to this volume) Raven Press, 1185 Avenue of the Americas, New York, NY 10036. 328 pages. ISBN 0-7817-0236-4. \$98.00

HIV infection of women is increasing at an alarming rate. In the United States it is the fourth leading cause of death of reproductive age women. Internationally, 3,000 women a day are infected with the virus. This book serves as a manual for clinicians who will provide care to HIV-infected women. It is also hoped that this text will be found dog eared in clinics, turned to by providers as they establish sites to treat women and as they face the unique clinical and interpersonal problems that confront HIV-infected women. The book is divided into two parts. The first part, "Basic Considerations," describes what the reader or clinician must know in order to treat HIV infection. The second part, "Clinical Considerations," presents what must be done.

Sex, Death, and the Education of Children; Our Passion for Ignorance in the Age of AIDS

Johnathan G. Siln. 1955 Teachers College Press, 1234 Amsterdam Avenue, New York, NY 10027. 249 pages, (Politics of Identity and Education Series), ISBN 0-8077-3406-3, 0-8077-3405-5pbk. \$39.00, \$18.95 pbk.

It is obvious that education at the adult level is not reaching everyone when senators such as Jesse Helms speak out against AIDS funding as he recently has. We have to do better. We have to begin with the children even though it angers

some parents when they hear the facts and yet fail to understand what is being said. Johnathan Siln has written a book about language that is used to teach the children in the schools. He shows us how the early childhood curriculum deploys a false altruism, pretending to protect children from what adults are afraid to think about. He shows us how we culture ignorance in our children and in each other by refusing to hear and respond to what they and we already know. He stresses again and again that we have to know everything about our own lives before our children can understand. This is a book about sex, death, love and life and all of the fears that go along with them. This is not a book not to pick up and read like a novel. One has to read and re-read to understand where Siln is coming from. Nonetheless, it is an excellent book that has been thoroughly researched, presenting ideas that many do not consider valid. This is an excellent summary of what has been written up to this time about the topics of sex, death, love and life as they relate to AIDS. An educator would find this a useful resource and a place to begin in teaching young children. Many, however will be opposed to anything that is presented in the book because the author is gay.

Testing Positive; Sexually Transmitted Disease and the Public Health Response Patricia Donovan and the Allan Guttmacher Institute. 1993. Allan Guttmacher Institute, 120 Wall Street, New York, NY 10005. 47 pages. ISBN 0-939253-28-3. \$16.50.

The Allan Guttmacher Institute is a not-for-profit corporation for reproductive health research, policy analysis and public education. This report presents the public response to testing positive for sexually transmitted diseases. The STD rates in the United States are among the highest in the industrialized world, and in some areas, rates approach those found in developing countries. It is believed that 56 million Americans, more than one in five, are infected with a viral STD other than AIDS. AIDS makes this figure go even higher. These are astounding figures when we think of all the effort that is being taken to educate people about safer sex. People of all backgrounds, economic levels and ages acquire STDs. The report is presented in seven chapters, "Sexually Transmitted Diseases; A Major Health Problem," "What Are the Risk Factors for Acquiring an STD?," "Who is Most Affected by STDs?," "What are the Financial Costs of STDs?" "The Federal Public Health Response," "Is it Time for Redirection and Expansion?," and "Responding Positively." It is clear in this report that our federal government needs to reexamine its priorities for STD funding and make sure that this area is properly funded, especially emphasizing women and children. An excellent report that should be read by all political leaders and made available in every library.

Origin: GENA/aegis-San Juan Capistrano, CA

Get a Load Off Your Mind

WILD COUNTRY - FALCON



Lions, tigers and bare asses, oh my! Well, Dorothy your not in Kansas anymore. But then again, your not in Oz either. It's Wild Country. It's where the men are men, and where I'm headed for my next vacation.

Actually, it's not a vacation hot spot but a lumberjack's work camp. And when a sexy drifter, Cliff Parker, comes looking for work he creates a stir. A stir in everyone's pants. Especially bitter lovers Kip Harting and Alec Campbell. Lucky Kip wins out and gets Parker in the end.

Actually, everyone is lucky since they get their Paul Bunyon.

This video is typical Falcon fanfare-beautiful, hunky men bugging each other in the great outdoors. If your looking for a god, well done basic s & f flick this one should satisfy you.

RATING - 8 out of 10

BILLY'S TALE-A MODERN DAY FABLE - FALCON



And a modern day fable it is, one would almost expect this one to come from Disney Studios. Except the notion of Disney producing anything that isn't homophobic is a fable in itself, and that belongs in another column altogether.

Billy's Tale reads like a gay version of Cinderella. Poor young Billy lives with his hot, sexy brothers who also happen to be slobs and arrogant assholes. The only plus Billy has living with them is that they nail his ass every chance they can. Which is

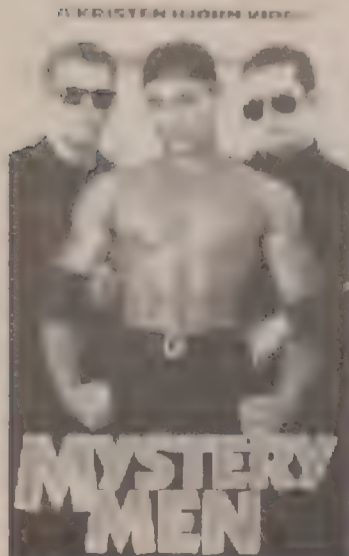
whenever the boy isn't cleaning their sty.

Of course the brothers all get invited to go to a hot party where there is lots of cruising and hot sex. Who knew? But, Billy, of course is forced to stay behind to do the chores. As a bottom house boy of the 90's this does not leave Billy perturbed. He hops into his sporty white truck and pays a visit to his Godmother and then pays his respects to his father's grave. Billy's sporty little truck breaks down and leaves him stranded. Fortunately enough a limo, driving a typical American prince, stops and offers him a ride. It's happened. And the prince gives him a ride as well.

Now I won't spoil the ending, but like Disney, Falcon delivers a happy ending.

RATING - 8 out of 10

MYSTERY MEN - KRISTEN BJORN

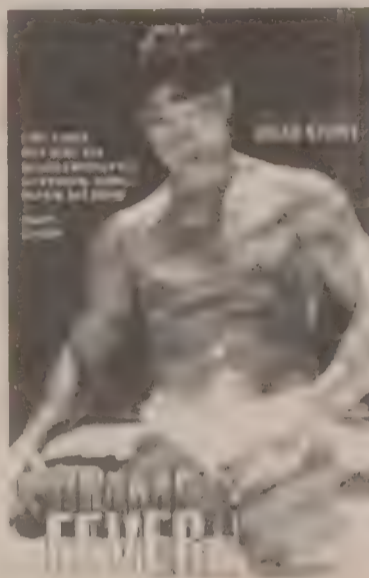


This video is hot, hot, hot. In it Kristen Bjorn does what he does best. He cast a dozen of the most beautiful men in Brazil and films

them wonderfully doing what they do best. SEX.

In true Bjornesque style the video is filled with hands free cum shots and men who have never heard the saying, "I'm finished." They're like the Energizer Bunny, they just keep coming, and coming, and coming.

A mystic fortune teller unleashes the sexual side of the occult on our unsuspecting, yet willing cast, via a tarot card reading, a palm reading and a book of magic incantations. I don't know about you but I've never gotten a reading like this from Jojo's Psychic Alliance.



RATING - 10 out of 10

SUMMER FEVER - FALCON

Give me fever. There is no time like right now to get the fever. Doubly so during the hot months of summer. And there is no cure like the cure of giving in to it.

Set the air conditioning to freezing for this tape boys, because when you pop this one into the VCR it's going to boil over. From the opening scene with infamous daddy Zak Spears bottoming to Brad Stone's

tool to the last threesome scene, this video scorches.

RATING - 9 out of 10

the GARAGE Burger Bar

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EAT IN OR TAKEOUT.

AN INTRODUCTION TO SEXUALLY TRANSMITTED DISEASE

Sexually transmitted diseases (STDs), once called venereal diseases, are among the most common infectious diseases in the Canada today. More than 20 STDs have now been identified, and they affect over a million men and women in this country each year. The annual comprehensive cost of STDs in the Canada is estimated to be well in excess of \$500 million.

Understanding the basic facts about STDs—the ways in which they are spread, their common symptoms, and how they can be treated—is the first step toward prevention. The National Institute of Allergy and Infectious Diseases (NIAID), a part of the National Institutes of Health, has prepared a series of fact sheets about STDs to provide sexually active people with some of this important information. Research investigators supported by NIAID are looking for better methods of diagnosis and more effective treatments, as well as for vaccines that will one day ensure that STDs, like many other infectious diseases, no longer pose serious threats to health. What are some of these basic facts? It is important to understand at least five key points about all STDs in this country today:

1. STDs affect men and women of all backgrounds and economic levels. They are most prevalent among teenagers and young adults. Nearly two-thirds of all STDs occur in people younger than 25 years of age.

2. The incidence of STDs is rising, in part because in the last few decades, young people have become sexually active earlier yet are marrying later. In addition, divorce is more common. The net result is that sexually active people today are more likely to have multiple sex partners during their lives and are potentially at risk for developing STDs.

3. Many STDs initially cause no symptoms, particularly in women. When symptoms develop, they may be confused with those of other diseases not transmitted through sexual contact. However, even when an STD causes no symptoms, a person who is infected may be able to pass the disease on to a sex partner. That is why many doctors recommend periodic testing for people who have more than one sex partner.

4. Health problems caused by STDs tend to be more severe and more frequent for women than for men, in part because the frequency of asymptomatic infection means that many women do not seek care until serious problems have developed.

Some STDs can spread into the uterus (womb) and fallopian tubes to cause pelvic inflammatory disease (PID), which in turn is a major cause of both infertility and ectopic (tubal) pregnancy. The latter can be fatal.

STDs in women may also be associated with cervical cancer. One STD, human papillomavirus infection (HPV), can result in genital warts, but can also lead to cervical and other genital cancers; the relationship between other STDs and cervical cancer is not yet clear.

STDs can be passed from a mother to her baby before or during birth; some of these infections of the newborn can be cured easily, but others may cause a baby to be permanently disabled or even die.

5. When diagnosed and treated early, almost all STDs can be treated effectively. Some organisms, such as certain forms of gonococci, have become resistant to the drugs used to treat them and now require newer types of antibiotics. The most serious STD for which no cure now exists is acquired immunodeficiency syndrome (AIDS), a fatal viral infection of the immune system. Experts believe that having STDs other than AIDS increases one's risk for becoming infected with the AIDS virus.

Acquired Immunodeficiency Syndrome

AIDS was first reported in the United States in 1981. It is caused by the human immunodeficiency virus (HIV), a virus that destroys the body's ability to fight off infection. An estimated 1 million people are currently infected in the U.S., including more than 2000 infants, most of whom contracted the disease from their mothers. People who have AIDS are very susceptible to many life-threatening diseases, called opportunistic infections, and to certain forms of cancer.

Transmission of the virus primarily occurs during sexual activity and by sharing of needles used to inject intravenous drugs.

Chlamydial Infections

These infections are now the most common of all STDs, with an estimated 4 million new cases occurring each year. In both men and women, chlamydial infection may cause an abnormal genital discharge and burning with urination. In women, untreated chlamydial infection may lead to PID, one of the most common causes of infertility in women and of ectopic pregnancy. However, many people with chlamydial infection have few or no symptoms of infection. Once diagnosed, chlamydial infections are treatable with an antibiotic drug.

Genital Herpes

Genital herpes affects an estimated 30 million Americans. Approximately 500,000 new cases of this incurable infection develop annually. Herpes infections are caused by herpes simplex virus (HSV). The major symptoms of herpes infection are painful blisters or open sores in the genital area. These may be preceded by a tingling or burning sensation in the legs, buttocks, or genital region. The herpes sores usually disappear within 2

to 3 weeks, but the virus remains in the body and the lesions may recur from time to time. Severe or frequently recurrent genital herpes is now treated with acyclovir, an antiviral drug available by prescription; it helps control the symptoms but does not eliminate the herpes virus from the body. Women who acquire genital herpes during pregnancy can transmit the virus to their babies. Untreated HSV infection in newborns can result in mental retardation and death.

Genital warts

Genital warts (also called venereal warts, or condylomata acuminata) are caused by a virus related to the virus that causes common skin warts. Genital warts usually first appear as small, hard, painless bumps in the vaginal area, on the penis, or around the anus; if untreated, they may grow and develop a fleshy, cauliflower-like appearance. Genital warts infect 500,000 Americans each year. Scientists believe that the virus responsible for genital warts also may cause several types of genital cancer. Genital warts are treated with a topical drug (applied to the skin), by freezing, or if they recur, with injections of a type of interferon. If the warts are very large, they can be removed by surgery.

Gonorrhea

Approximately 1-1/2 million cases of gonorrhea occur each year in this country. The most common symptoms of gonorrhea are a discharge from the vagina or penis and painful or difficult urination. The most common and serious complications occur in women, and as with chlamydial infections, these complications include PID, ectopic pregnancy, and infertility. Historically, penicillin has been used to treat gonorrhea, but several penicillin-resistant forms of the bacteria have recently appeared. Other antibiotics or combinations of drugs must be used to treat these resistant strains.

Syphilis

Syphilis has increased dramatically in recent years, with more than 130,000 cases reported in 1990. The first symptoms of syphilis may go undetected because they are very mild and disappear spontaneously. The initial symptom is a chancre, a painless open sore that usually appears on the penis or around or in the vagina. If untreated, syphilis may go on to more advanced stages, including a transient rash and, eventually, serious involvement of the heart and central nervous system. The full course of the disease can take years. Penicillin remains the drug most commonly used to treat syphilis.

Other diseases that may be sexually transmitted include trichomoniasis, bacterial vaginosis, cytomegalovirus infections, hepatitis B, scabies, and pubic lice.

What Can You Do to Prevent STDs?

The best way to prevent STDs is to not have sexual intercourse. If you decide to be sexually active, there are things that you can do to reduce your risk of developing an STD.

Be direct and frank about asking a new sex partner whether he or she has an STD, has been exposed to one, or has any unexplained physical symptoms.

Learn to recognize the physical signs of STDs and inspect a sex partner's body, especially the genital area, for sores, rashes, or discharges.

Don't have sex if your partner has signs or symptoms of STDs. Urge him/her to get medical attention as soon as possible.

Use a condom (rubber) during sexual intercourse and learn to use it correctly. Diaphragms may also reduce the risk of transmission of some STDs. Although there is some laboratory evidence that spermicides can kill STD organisms, scientists are still evaluating the usefulness of spermicides in preventing STDs. Some studies have found that frequent use of spermicides (more than three times a week) may cause vaginal inflammation.

Anyone who is sexually active with someone other than a long-term monogamous partner should:

Have regular checkups for STDs **even in the absence of symptoms.** These tests can be done during a routine visit to the doctor's office.

Learn the common symptoms of STDs. Seek medical help immediately if any suspicious symptoms develop, even if they are mild.

Anyone diagnosed as having an STD should:

1. Notify all recent sex partners and urge them to get a checkup.

2. Follow the doctor's orders and complete the full course of medication prescribed. A follow-up test to ensure that the infection has been cured is often an important final step in treatment.

3. Avoid all sexual activity while being treated for an STD.

Sometimes people are too embarrassed or frightened to ask for help or information. Most STDs are readily treated, and the earlier a person seeks treatment and warns sex partners about the disease, the less likely that the disease will do irreparable physical damage, be spread to others.

Private doctors, local health departments, and STD and family planning clinics have information about STDs, as well as your local AIDS Network or other such organizations in every community.

Commentary

by Michael Henry, MLA

In a previous issue of Times.10 late last year, I wrote about current developments in gay rights at both the provincial and federal levels. On the provincial level, not much has changed since then. The Alberta Liberal Opposition remains firmly committed to prohibiting discrimination based on sexual orientation, while the Klein government remains firmly opposed. Any further developments await the release of the Court of Appeal's judgment in the Vriend case, expected within the next few months.

On the federal level, however, there have been some developments which represent a step forward for gay men, lesbians and bisexuals across Canada.

Just before adjourning for the summer, the House of Commons passed bill C-41, containing long awaited amendments to the Criminal Code. One of these amendments provides for harsher sentences for those convicted of crimes motivated by hatred on a number of grounds. These grounds include race, nationality, sex, age, mental or physical disability, and last but not least, sexual orientation. In other words, criminals who specifically target gays, lesbians or bisexuals will face more severe penalties than others convicted of the same crimes.

The passage of this bill fulfills a commitment in the Red Book released by the Liberal Party of Canada before the 1993 election. It states as follows:

"Equality for all Canadians includes freedom from hatred and harassment. We have witnessed an increase in the number of crimes motivated by hatred based on race, religion, gender or sexual orientation. Places of worship, schools run by various religions, and gay communities have all become targets. Such expressions of hate should have no place in Canadian society."

When Bill-41 was presented in the Commons, the government made it clear that members of the Liberal caucus were expected to support it; the vote was not a free vote. Nonetheless, Liberal MP's Roseanne Skoke, Dan McTeague, Tom Wappel and Paul Steckle voted against the bill. The dissenting MP's (all of whom are from eastern Canada) were disciplined, and Prime Minister Chretien made it clear that such dissent from Liberal policy on such key issues will not be tolerated.

Meanwhile, another Red Book promise, to include sexual orientation as a prohibited ground of discrimination in the Canadian Human Rights Act, still remains to be fulfilled. Justice Minister Allan Rock has made it clear on numerous occasions that he is still firmly committed to this measure. What appears to have happened is that, because of the government's very full legislative agenda along with the furore over Bill C-41, the Human Rights Act amendment has been placed on the back burner. The national executive of the Liberal Party of Canada has passed a unanimous resolution calling on cabinet and every member of caucus to see that the amendment is introduced by the end of 1995.

Mr. Rock has asked members of the gay community to write to him expressing support for the Canadian Human Rights Act amendment, in order to help him put pressure on other members of the government. I urge you to do so. His address is;

Hon. Allan Rock, P.C., M.P.
Minister of Justice and Attorney General of Canada
Justice Building
239 Wellington Street
Ottawa, ON.
K1A 0H8



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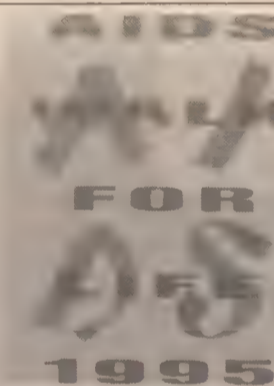
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SOUNDS OF JOY



by Jon Burden

Just when you think you can't dance any longer that one tune you've been waiting to hear hits the dance floor. You press your ear flat on the bass bin and bang you're back to the first day you went to the club and had the time of your life. If this has ever happened to you, you should be interested

in knowing that some day the no repedative beat law may try to be passed in Canada. You may think (no way this would ever happen) well rumour has it, the UK has this new law. What is a repetitive song? It's any song you hear on the dance floor. You see, every song you dance to, is in some way or other repetitive whether its dance, house, alternative or funk music. Slap any one that's for the no repetitive beat law because if it ever did pass, I for one would keep playing on until they took my music and sound system away.

Starting this issue of Time.10 I am going to put in at least 1 or 2 facts or rumours on music and you can expect to see them in the months to follow.

Music Facts and Rumours

- 1) Moby that's been known for songs like Go, is thinking about moving to Alberta and making his home here. With luck, if he does move to Alberta, let's hope he moves to Edmonton.
- 2) The Energy Rush party may happen again before the summer is over because it was such a success with 6 to 10 thousand people attending.

Music Revue

Deep Forest has come up with a new c.d. for those of you that are enigma lovers. Take my word on this one, its stuffed with light sounds of key board with a steady beat followed with the soft sounds of a voice much like Enigma. It's has a deep African chanting in the back ground that pulls you in with the sound of ecstasy. Deep Forest came from the depth of the deep forested jungles.

Delerium

Most people will know this group from the song (Flowers Become Screens) which is played at all good clubs. The rest of the groups songs are much like the Enigma style. Every thing is pretty much good about this group except the fact that they ripped off a lot of other

groups like Future Sound of London (FSOL) and Deep Forest.

Nightcrawlers-Push the Felling On 95 mix

Nightcrawlers has come back with the new and improved (Push the Feeling On) mix. It is much like the original mix but she uses new lyrics along with the old. If you liked the song before, bump it into your c.d. or tape player. I just have one thing bad to say about this song what the hell is she saying? But then again trying to figure it out is half the fun. The c.d. may be hard to find so expect to be going from one music store to another. You should find it sooner or later.

You can also find it on different compilations.

Tribal with Junior Vasquez

A premixed c.d. for you boys and girls that like the deep New York style house. All the music on this c.d. is pretty good except I found that although Junior Vasquez is an amazing guy as far as making music, he needs a little work on his mixing.

Danny Tenaglia (Hard and Soul)

Wow! This is deep New York house. Mmmmmm. You've got to love this style. If you're into this music, it will give you 100% freedom to express yourself. Danny Tenaglia is also involved in a tribal premixed c.d. which is pretty good but like Junior Vasquez, he needs to work on his mixing.

Frankie Knuckles (featuring Adeva)

Good old Frankie came out with a song call Too Many Fish. Very dancey. This just might get big. The song Too Many Fish is about the old expression (there are lots of fish in the sea) but this talks about how there are too many to pick from. Personally, there never can be too many fish.

Rhythm Formula 3

That's right Rhythm Formula has another hot compilation that's damn good. This c.d. is about 76 minutes of good old music that you and that someone can dance to.

Winx (Don't Laugh)

Ha ha ha ha ha ha ha ha (don't or try not to laugh) is the best way to explain this c.d. It's a good song in the club but is starting to get played out.

Future Sound of London

For the ones that like to chill out to trance\ambient you might want to get this track. Its excellent and I think the more open minded people (towards music) will agree.

Well, that's it for the new improved magazine of Times.10 and the hard and soft. The groovin' hip tunes that can twist you mind into two. I want to thank everyone for coming and going to all the special parties that were made for you. The support you have given us lets us have more which are bigger and better because you asked for it so we delivered. I also want to thank you for all the letters I have been getting. If you have any and I mean any comments please let me now what you would like to see more or less of in **Sounds of Joy**.

music - more _____ less _____
same _____
club facts -
more _____ less _____ same _____
club talk -
more _____ less _____ same _____
D.J talk -
more _____ less _____ same _____

favorite

music - Dance _____
Trance _____
House _____
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Other _____

D.J Joy c/o Times .10 magazine, Box 932, Edmonton, Alberta, Canada T5J 2L8.

Soulmates Do Not Mean Together Always

For each, our souls, vast as the universe,
In it's uncharted reaches, so close we touch.

There is not a together in this life for you and me.

I hear the distance of eons so embraced.

Bound to this knowledge, I watch you pass.

In recognition we coaxed a moment and tried to grasp for less than a flash in time, to discover;
Our journey's not together in this life, but in the allowance of love's departure.

With the universe at my heart, I bid you... sweet journey, Love.

Elsie

QUESTIONS AND ANSWERS ON COMING OUT

(Continued from page 13)

American psychiatric Association says that it would be unethical to try to change a gay person's sexual orientation.

Many other people besides scientists, psychologists, and psychiatrists now understand that, too. Ann Landers, the advice columnist, recently wrote; "It never ceases to amaze me that in this day and age, so many people fail to understand that homosexuality is not a lifestyle that is chosen. That choice was made at birth."

So if you are wondering why you are gay, the answer is that some people are gay and some people are straight just as some people have blue eyes and some people have brown eyes. It's not something anybody can choose to be or not to be. It's just one more piece of who you are.

Will I be accepted ?

The short answer; Some people will accept you and some won't. Prejudice and discrimination are everywhere in America, and around the world. There's prejudice against blacks, against women, against older people and against any group you can name. Women weren't allowed to vote in the United States until the early 1900's because our society thought they weren't smart enough. While the Suffragette movement, and later the women's movement, helped to change that kind of thinking, women still encounter discrimination on the job, on the streets, in politics, and in the home. It takes time to overcome prejudice and change attitudes.

If you're gay, you're going to run into prejudice. Our society has a 'heterosexual assumption.' We're taught, by our families, our schools, our religions, and the media to assume that everyone is straight, and we're often influenced to discriminate against those who aren't. That "assumption" has begun to change only recently.

The prejudice you run into could be fairly mild, like people assuming you're straight when you're not, and embarrassing you with their mistake. But it could be much worse. Gays are at risk of violence, kicked out of their homes, and fired from their jobs just for being gay. People often fear what they don't understand, and hate what they fear. That's the basis of prejudice and,

when it's aimed at gays, it's called "homophobia."

Homophobia is being challenged, however, as more and more people are learning that being gay is as normal and healthy as being straight. Attitudes are starting to change partly because gay people, like women, jews, and blacks did before them, are beginning to stand up and say, "I'm gay and I'm proud!" Attitudes are changing also because other people are standing up with gays to say, "These gay people are my friends, or my children, or my brothers and sisters, and I'm proud of them."

Reprinted from the PFLAG "Be Yourself - Questions and Answers for Gay, Lesbian and Bi-sexual Youth," handbook. Reprinted with permission for non-commercial use.

Prickle Yourself

(Continued from page 8)

can become irritating quickly; change the stimulation, keep your bottom aroused and surprised. There are all sorts of things that can be used on female genitals; "bamboo skewers, candles, cheese graters, clips, fly swatter, ice cubes, knives, latex squares, leather thongs, massage bongers, rabbit fur, ropes, scalp scrubber, silk, spoons, towels, weights, and whips" as items that can be useful in giving your bottom's genitals a ride they won't forget. (And no, you don't do this until you cause real damage, any more than you do with male genitals. Don't be scraping, scabbing, or scarring--these are the most sensitive parts of the body you're playing with!)

Communication is paramount in female genital play; women's pussies vary as much as any other part of women's bodies (or more), and responses will vary equally dramatically. In general, the same sort of rhythm discussed in the whipping section is useful in pussy play, though if anything the top needs to go even more slowly, as the sensations will be more intense and focused than in almost any other kind of sensation scene.

One final tidbit: apparently, for many women, a common pre-orgasmic response is for the clit to retreat into its hood. If you are giving your partner some very delicious sensation (possibly combined with some just-right pain) and her clit disappears, DON'T STOP! (Unless you want to avoid her orgasm... don't push this too far, unless your bottom's feet are tied down--she may kick.) And know your limits; if your bottom really wants an orgasm to end the scene, giving her one may make her EXTREMELY grateful to you, and waiting too long may burn you both out. This is good stuff to negotiate about beforehand in any scene--how would you like the scene to end? Breaking such an agreement will engender mistrust, but honesty, as always, will help everyone get what they want.

I hope you have had some nice reading and that I have been able to give you a bit more information on these two common questions. Until the next issue.... PLAY SAFE!

Deoge
mak@oanet.com

Forging New Alliances

(Continued from page 5)

and fill them," observes Jerrett Krause, member of the advisory committee for the Edmonton Gay and Lesbian Youth Group. "He did that with the AIDS Network and he gets involved to get the ball rolling. His role as initiator is very important."

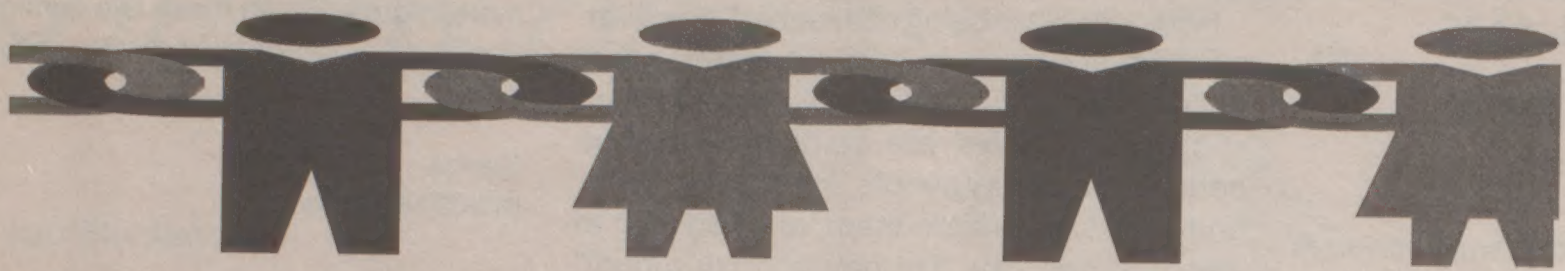
Saying he wants to continue working to forge community alliances, Phair is committed to:

- * Reinforcing strong, safe neighborhoods
- * Building business opportunities
- * Ensuring city business is conducted openly and ethically
- * Empowering youth to participate in the communities
- * Expanding links with communities

"Without Michael on council, I don't think that we would have had Gay Pride Day, and we certainly wouldn't have the tolerance that has started to emerge," Ryley reflects. "He has been a good representative to have in the community. He's done us proud."

As a role model for young people, gay and straight, Phair's work on council has done immeasurable good. "Through him, young people can see that just because you happen to be gay, doesn't mean that you can't reach for your dreams and do what you want," Krause observes. "Michael's efforts to support youth initiatives and educate the police service about sensitivity to gay issues has been very positive."

To help the campaign, call 944 5201, or drop by the office at 11145 107th Avenue.

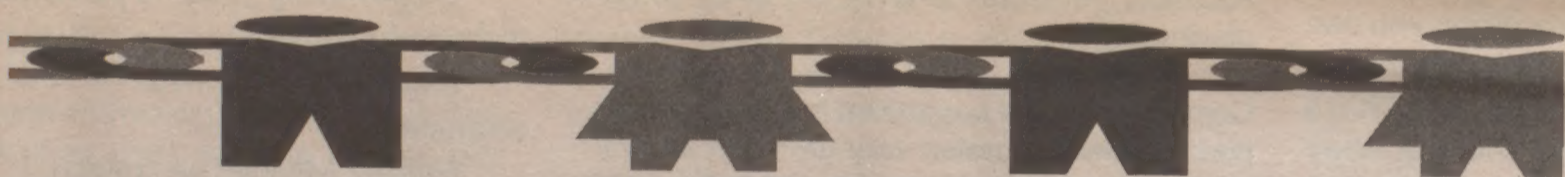


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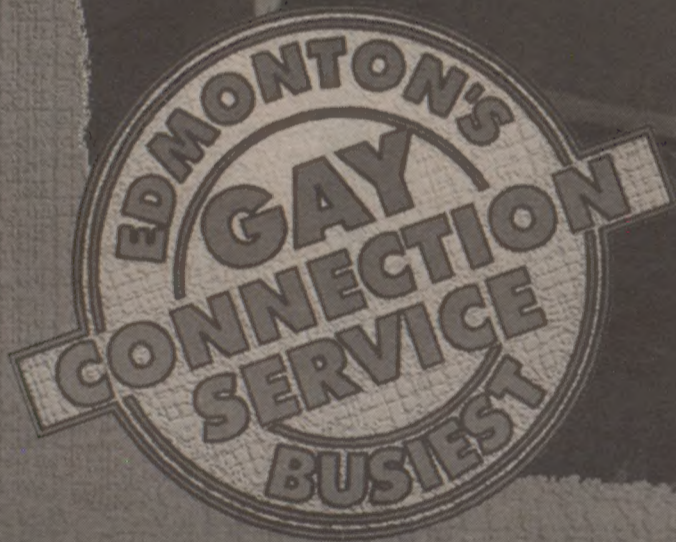
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